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The Blender Girl: Super-Easy, Super-Healthy Meals, Snacks, Desserts, and Drinks--100 Gluten-Free, Vegan Recipes!

Tess Masters

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ABOUT THIS BOOK...

The debut cookbook from the powerhouse blogger behind theblendergirl.com, featuring 100 gluten-free, vegan recipes for smoothies, meals, and more made quickly and easily in a blender.

What’s your perfect blend?

On her wildly popular recipe blog, Tess Masters—aka, The Blender Girl—shares easy plant-based recipes that anyone can whip up fast in a blender. Tess’s lively, down-to-earth approach has attracted legions of fans looking for quick and fun ways to prepare healthy food. In *The Blender Girl*, Tess’s much-anticipated debut cookbook, she offers 100 whole-food recipes that are gluten-free and vegan, and rely on natural flavors and sweeteners. Many are also raw and nut-, soy-, corn-, and sugar-free.

Smoothies, soups, and spreads are a given in a blender cookbook, but this surprisingly versatile collection also includes appetizers, salads, and main dishes with a blended component, like **Fresh Spring Rolls with Orange-Almond Sauce**,**Twisted Caesar Pleaser**, **Spicy Chickpea Burgers with Portobello Buns and Greens**, and **I-Love-Veggies! Bake**. And even though many of Tess’s smoothies and shakes taste like dessert—**Apple Pie in a Glass**, **Raspberry-Lemon Cheesecake**, or **Tastes-Like-Ice- Cream Kale**, anyone?—her actual desserts are out-of this-world good, from **Chocolate-Chile Banana Spilly** to **Flourless Triple-Pecan Mousse Pie** and **Chai Rice Pudding**. Best of all, every recipe can easily be adjusted to your personal taste: add an extra squeeze of this, another handful of that, or leave something out altogether—these dishes are super forgiving, so you can’t mess them up.

Details on the benefits of soaking, sprouting, and dehydrating; proper food combining; and eating raw, probiotic-rich, and alkaline ingredients round out this nutrient-dense guide. But you don’t have to understand the science of good nutrition to run with The Blender Girl—all you need is a blender and a sense of adventure. So dust off your machine and get ready to find *your* perfect blend.

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